

- Patented, scientific method for relaxation
- Most effective non-drug method known for deep relaxation
- Enlightening, rewarding, satisfying
- Five tapes — each a new experience

I understand that the Excursion fare is \$55.00 and that a \$15.00 deposit will be due when I return my application to the Institute.

Master Charge # _____ exp. _____

VISA # _____ exp. _____

Name _____

Street _____

City _____

State _____ Zip _____

Home Phone _____

Business Phone _____

Age _____ Sex _____ Married _____

Height _____ Weight _____

Any chronic illness, abnormalities, disabilities _____

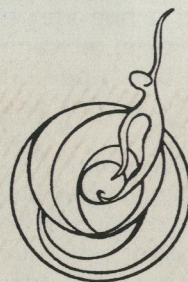
Presently on medication _____

Recent physical exam _____

Are you right or left handed _____

How did you learn of the Excursion _____

☐ Also, send information on other Institute Programs.



MONROE INSTITUTE OF APPLIED SCIENCES

P. O. Box 57
Afton, Virginia 22920

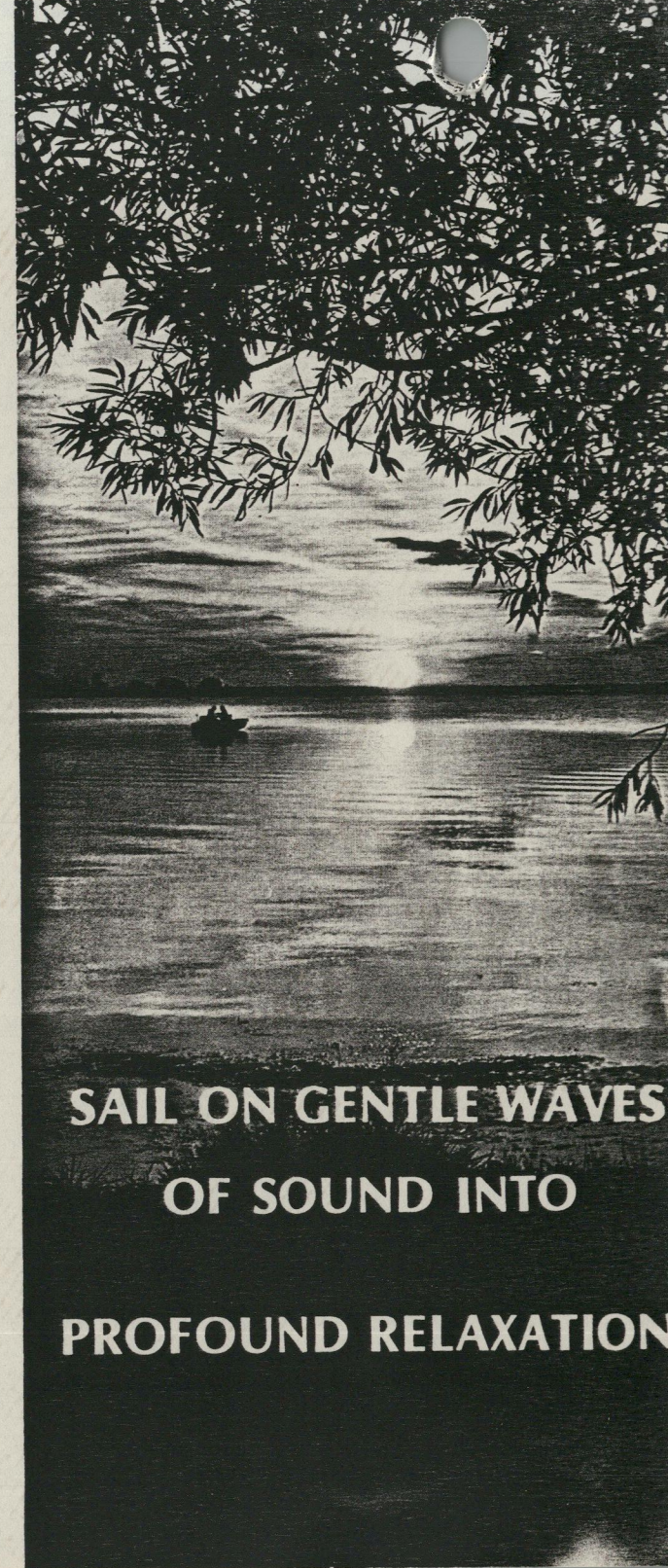
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The Monroe Institute offers a money-back guarantee to any participant who is not completely satisfied.

The Excursion is a creation of The Monroe Institute of Applied Sciences.

Reg. U.S. Pat. Off. #3,884,218



**SAIL ON GENTLE WAVES
OF SOUND INTO
PROFOUND RELAXATION**

The Excursion is a unique journey. Traveling to controlled levels of relaxation with the Monroe Tapes, you'll find it one day you can call your own. Your Excursion begins with learning to put your problems and worries (even small ones) out of the way. You'll then start a gentle reattunement with your own nature and learn how to relax within the basic rhythm of life. Each step brings a new experience.



The destination of your journey is physical relaxation. Most of us realize the value of relaxation on mind and body; but we are never completely free of work frustrations, family difficulties, money problems or boredom. Our usual life under such stress seldom provides sufficient mental and physical tranquility. The Excursion satisfies this need and, almost as a bonus, gives you the mental exhilaration of new experiences entirely yours.

The day is filled with guided explorations of exciting new experiences all within the depths of your own consciousness. These are available ONLY during such profound relaxation and under the supervision of qualified Excursion guides.

After meeting the other members of your expedition, you will lie down, make yourself comfortable and slip on special stereo headphones. With the simulated sound of waves breaking on a beach, your Excursion begins.

The carefully chosen binaural beats create

a frequency following response by the brain-wave rhythms. This response not only gives some control over the brain-wave emission of each hemisphere, it also encourages a better balance between the analytical concentrated state and the relaxed, intuitive-creative state of mind. For this unique, scientific method of reaching profound relaxation, The Monroe Institute was granted a generic patent in 1975. These audio patterns gently coax the brain and mind into controlled levels of relaxation — the most effective non-drug method known.



Robert A. Monroe

As the day comes to an end, you'll find yourself repeating what almost all of our travelers have said before—that they enjoyed it so much that they didn't want it to end—that they never felt so relaxed and at peace—that it was a truly wonderful and totally unique experience.

Don't let this opportunity to reach profound relaxation and reattunement with your own nature pass you by. You would be missing an enlightening, rewarding and satisfying journey into your own consciousness. You would miss that wondrous moment of recognition when you realize that your body is sound asleep while your mind is wide awake!

Take time now to complete the attached application form and return it with a \$15.00 deposit. Everyone who takes The Excursion is given a Monroe Tape and a Handbook to take home. As you continue your personal excursion, more and more, the days will become your own.

AFFIX
STAMP

FIRST CLASS